What is claimed is:

1. A capacitor, comprising:

a first electrode, a second electrode, and a dielectric disposed between the first and second electrodes;

a first plurality of terminals electrically connected to the first electrode at a first surface of the capacitor; and

a second plurality of terminals electrically connected to the second electrode at the first surface of the capacitor.

2. The capacitor of Claim 1, further comprising:

a third plurality of terminals electrically connected to the first electrode at a second surface of the capacitor; and

a fourth plurality of terminals electrically connected to the second electrode at the second surface of the capacitor.

3. The capacitor of Claim 1, wherein the first electrode comprises tantalum, the second electrode comprises conductive material, and the dielectric comprises tantalum oxide.

4. The capacitor of Claim 1, wherein the first electrode comprises a first metal, the second electrode comprises manganese oxide, and the dielectric comprises an oxide of the first metal.

5. The capacitor of Claim 1, wherein the capacitor has a rectangular shape.

6. The capacitor of Claim 1, wherein the first electrode comprises aluminum, the second electrode comprises conductive material, and the dielectric comprises aluminum oxide.

7. The capacitor of Claim 1, wherein the first electrode comprises niobium, the second electrode comprises conductive material, and the dielectric comprises niobium oxide.

8. The capacitor of Claim 1, wherein at least a portion of the first and second plurality of terminals comprise solder bumps.

9. The capacitor of Claim 2, wherein at least a portion of the third and fourth plurality of terminals comprise solder bumps.

10. The capacitor of Claim 2, wherein at least a portion of the first plurality of terminals have a first pitch, and at least a portion of the third plurality of terminals have a second pitch which is different from the first pitch.

11. The capacitor of Claim 2, wherein at least a portion of the first plurality of terminals have a first shape, and at least a portion of the third plurality of terminals have a second shape which is different from the first shape.

12. The capacitor of Claim 1, wherein at least a portion of the first and second plurality of terminals are at least partially coated with an oxidation barrier.

13. The capacitor of Claim 11, wherein the oxidation barrier comprises gold.

14. A capacitor having a rectangular box shape with a first and a second major surface, comprising:

a first electrode and a second electrode, the electrodes having a dielectric disposed therebetween;

a plurality of terminals attached to the first electrode at the first major surface; and

a plurality of terminals attached to the second electrode at the first major surface.

15. The capacitor of the Claim 14, wherein the electrodes and terminals comprise tantalum, and the dielectric comprises tantalum oxide.

16. The capacitor of Claim 14, further comprising a plurality of terminals attached to the first electrode at the second major surface.

17. The capacitor of Claim 14, further comprising a plurality of terminals attached to the second electrode at the second major surface.

18. An electronic assembly, comprising:

an integrated circuit having a width and a length;

a capacitor having a width and a length;

wherein the capacitor is attached to the integrated circuit, and the width and length of the capacitor are substantially the same as the width and length of the integrated circuit.

19. The capacitor of Claim 18, wherein the capacitor has a plurality of first electrode terminals on a first surface thereof, and a plurality of second electrode terminals on the first surface.

20. An electronic assembly, comprising:

a capacitor having a first electrode, a second electrode, and a dielectric disposed therebetween, the capacitor further having a first and a second major surface;

a first plurality of terminals electrically coupled to the first electrode, and a second plurality of terminals electrically coupled to the second electrode;

an IC having a third and fourth plurality of terminals disposed on a first surface of the IC, the third and fourth plurality of terminals electrically coupled to a first and a second power supply node respectively;

wherein the first and third plurality of terminals are electrically coupled, and the second and fourth plurality of terminals are electrically coupled.

21. The method of Claim 20, wherein the third and fourth plurality of terminals comprise solder bumps.

22. The method of Claim 20, wherein the first and third plurality, and the second and fourth plurality of terminals are coupled by solder.

23. The method of Claim 20, wherein the capacitor has a substantially rectangular shape.